

## BOOK REVIEWS

**CEREBRAL ARTERIAL DISEASE**—Edited by R. W. Ross Russell, Physician to the Department of Neurology, St. Thomas' Hospital; The National Hospital for Nervous Diseases, Queen Square, and Moorfields Eye Hospital, City Road, London. Churchill Livingstone - Medical Division, Longman Inc., 19 West 44th St., New York City (10036), 1976. 323 pages, \$30.00.

This multiauthored book on cerebrovascular disease attempts to deal with every aspect of this important topic, from epidemiology to rehabilitation. There are also chapters on the natural history and prognosis of cerebrovascular disease, pathology, experimental studies on the pathogenesis of cerebral ischemia and infarction, cerebral blood flow measurements in stroke, transient cerebral ischemia, clinical diagnosis of completed stroke, the management of acute cerebral infarction, cerebral ischemia and hypertension, spontaneous intracerebral and cerebellar hemorrhage, subarachnoid hemorrhage from intracranial aneurysm and angioma, and the less common varieties of cerebral arterial disease. The book highlights recent advances in these areas, placing particular emphasis on stroke prevention, pathogenesis of arterial degeneration, mechanisms of thrombosis and embolism, diagnostic techniques and therapeutic measures.

As might be expected in a book with 16 authors, there is a certain amount of unevenness. Some of the chapters are informative, providing useful data and discussing new concepts, while others omit important information.

The chapter on epidemiology reviews most of the leading studies on the subject. While it discusses all of the known risk factors in an objective and statistical manner, its concluding statement regarding stroke prevention is both weak and negative. There may indeed not be incontrovertible statistical evidence that weight reduction, change in dietary habits, regular exercise, treatment of existing diabetes and hypertension, and discontinuance of the use of tobacco prevent vascular disease, including stroke. However, it seems more than prudent to vigorously push these measures, since the overall benefit to health and improvement in the quality of life gained by following these procedures seem more than amply documented. The chief hope for effectively combating the scourge of vascular disease and its attendant economic impact on society lies in the effective modification of every potential risk factor undoubtedly including drastic changes in lifestyles.

The chapter on the investigation of stroke discusses all of the newer techniques including computerized axial tomography, thermography and the percutaneous measurement of arterial blood flow using the Doppler principle. The discussion on scintigraphy or isotope encephalography is inadequate, in that it describes only the static scan useful in delineating an area of infarction a week or so following its development. It fails to mention the flow scan, which is of great usefulness in the detection of areas of hypoperfusion caused by carotid or middle cerebral artery stenosis or occlusion or areas of hyperperfusion seen as a consequence of luxury perfusion surrounding an area of ischemia or infarction in the brain.

In the chapter on transient cerebral ischemia, the topic of anticoagulant therapy is treated in a very cursory manner. The use of aspirin and other platelet aggregation inhibitors should have been discussed in more practical detail.

The chapter on cerebral ischemia in hypertension contains an excellent discussion of arteriopathic dementia. The author makes a point that, although it is well known to most neurologists, requires constant emphasis and frequent repetition: dementia that afflicts elderly

patients is *rarely* caused by arteriosclerosis, the majority of cases being due to Alzheimer disease. In the very small percentage of demented patients in whom the disease is thought to be arteriopathic, the responsible vascular lesion is lacunar state and virtually never atherosclerosis of neck or intracranial blood vessels. Lacunar state, which affects small blood vessels, occurs as a consequence of diabetes or hypertension; its clinical course can be distinguished from Alzheimer disease.

The text is generally well written and the illustrations are of good quality. Considering the relatively small amount of new information on cerebrovascular disease provided, the price of this book seems excessively high. There exist domestic texts that deal with the same topic in a somewhat more lucid and straightforward manner, contain more useful and well selected bibliographies, and cost less.

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**MODERN STOMA CARE**—Edited by Frank C. Walker, MD, ChM, FRCS, FRCS(Edin), Consultant Surgeon, Cleveland Area Health Authority; Hunterian Professor of the Royal College of Surgeons of England; Fellow of the Association of Surgeons of Great Britain and Northern Ireland. Churchill Livingstone - Medical Division, Longman, Inc., 19 West 44th St., New York City (10036), 1976. 193 pages, \$22.50.

A technically excellent operation is necessary, but not sufficient, to restore patients with intestinal stomas to health and happiness. Preoperative and postoperative counseling, education and training of patients and their families all are equally important aspects of rehabilitation which were neglected until recently. These deficiencies and methods to meet them provide the theme for this book. Although some of the proposed solutions are peculiar to the British system of health care delivery, the problems encountered by stoma patients are universal. The formation of lay organizations and the development of enterostomal therapy as a profession have improved the situation, but more needs to be done in the area of community services.

In addition to a discussion of these general considerations, the introductory section of the book contains an excellent treatise on the management of peristomal skin problems. The next three sections discuss colostomy, ileostomy and ileal bladder, respectively. The history, surgical technique, physiologic alterations, prevention and treatment of complications, and management of each type of stoma are presented in detail. Surgeons may argue with some of the recommendations, such as the optimal length of an ileostomy, but in general the advice is sound. The last section describes stoma equipment available in Britain and is not useful for American readers.

The book is authoritative and thorough. The illustrations are clear and simple. The text bears an unmistakable British stylistic stamp and is heavy going at times. The specialized nature of the subject probably limits its appeal to physicians, surgeons and nurses who deal with stoma patients frequently. That is unfortunate, because those professionals who encounter these patients only occasionally would benefit most from reading this book.

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